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H. CLYATT

New Trail

We all travel the same trail to learning for prince and peasant alike must travel the trail.

There are many trails as they lead to the temple of knowledge. In some the journey is pleasant and profitable; in others toilsome and a weary scramble over many stumbling stones.

This trail laid out for you is the easiest and the straightest to the temple of knowledge. This is the trail builder and also the teacher that smoothes the twisted and haphazard course you are following which is rough and leads to nowhere.

This book is provided for the student that wishes to grow and is the best possible trail to learning.

A simplicity in system which clears the road wide, direct and free from needless work.

**H. CLYATT, Mess Steward,
Fort Thomas, Ky.**

MAR 12 1921

BASIC UNIT SYSTEM

This system I have developed and used in my line of business, feeding in large quantity by actual practice the last four years.

These tables used in conjunction with the Army Cooks' Manual of 1917, will give a wide range in quantity cooking and food handling, as these receipts are tested out and are printed for (100) persons or portions, therefore by using this Basic Unit System of figuring, the receipts are more flexible for extension or reduction to the number of people you might wish to feed. Knowing the right quantity to use is knowing how to serve and economize.

These tables of quantity are based on the main articles of food in the Army with the fixed allowance in money and affords the lowest cost for the food value in calories or energy production.

The efficiency with which economy in the use of the **BASIC UNIT TABLES** for the conservation of the food supply when combined with the decimal of multiplication will give results of quantity required for proper feeding. This system is simple and flexible when once mastered by practice.

These tables are good for any class of business, build your receipes up to (100) portions and use decimal multiplier. What ever your total for (100) portions, that is your Basic Unit to use to get any quantities desired.

INSTRUCTIONS FOR USING THE WITHIN TABLES

“MENU”

Vegetable Soup.
Beef Steak, gravy.
Mashed Potatoes.
Creamed Cabbage.
Cottage Pudding, Vanilla Sauce.
Bread and Butter.
Coffee.

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To figure for the meal, first find the Basic Unit and decide the number of persons to cook for, now take the bill of fare starting with soup, find the quantity of the ingredient by going down the column marked persons, say 438. If our Basic table is “25” we will run down to 400 and the column to the left of 400 is (100) now we will go to 30 and to the left of it is (7.5), now we will go to 8 and to the left of it is (2.00) so far you have found the fractions of quantity for the required amount now take 100 plus 7.5 plus 2.00 will give you a total of 109.5 that is the amount of ingredient required. To get this answer with the decimal multiplications take the number of persons multiply by the Basic Unit which is 438×25 equal:

$$\begin{array}{r} 438 \\ \times .25 \\ \hline 2190 \\ 876 \\ \hline 109.50 \text{ ans.} \end{array}$$

The idea to use the tables is to divide the 438 in this way:

400
30
8

By this method with a little practice you will soon arrive at the system of finding each particular ingredient required for each course of the meal. After you have the result for soup, next find the ingredient for meat, gravy, potatoes, cabbage, cottage-pudding, sauce, bread, butter and coffee. In fact everything for the whole meal.

When the total quantity has been completed, now take each article and find the cost of each quantity with your local price for that article, when this is completed, find the total cost of all the articles for the whole meal, then take this total and divide by the number of persons served, this will give you the cost of (1) person for that meal.

The above information is the most practicable for large concerns like institutions, the army, construction camps, logging camps etc. But for small business the commercial cuts are the most profitable. Buy the cuts to suit your trade in bulk, such cuts as pork shoulders, green hams, Boston butts, lean butts, porkloins, spare ribs etc. Lamb racks or whole, mutton the same. In beef the short loin or the long loin where steaks are served only will be found profitable in the higher class places. But in large hotels where all classes of dishes are served and the help must be fed, the contract for the whole carcas is the most profitable. In small country hotels the boneless cuts shipped by express on specified days are the most profitable, the packer will charge a little more for other grades but you must remember you are not buying bones which the packer can use or dispose of. The bones in beef will run from 20 % to 25 %.

This class of boneless meat is the choicest grade, so when you can make your bills of fare 10 days ahead of time and can figure the quantity needed you can do your ordering ahead. Write to Chicago, Ill., packers and get full information on boneless meats.

The best weight to use veal is 110 lbs., for mutton 70 lbs., for lamb 30 lbs., pork 180 lbs.

It is best always to have a system of your own until you get a better one and short cut and simplify your work. Where you save the time at one place you can oversee some other departments of the house.

We will change the following to the Basic Unit system:

1 gal. soup for 24 persons, to basic unit	5 gal.
$\frac{3}{4}$ lb. roast turkey to 1 person to basic unit.....	75 lbs.
$\frac{1}{2}$ lb. roast tenderloin to order to basic unit.....	50 lbs.
$\frac{3}{4}$ lb. broiled whitefish to order to basic unit.....	75 lbs.

Fried black bass 1 lb. to order to basic unit.....	100 lbs.
½ lb. filet of sole to order to basic unit.....	50 lbs.
1 gal. olives to basic unit.....	1 gal.
1 bushel of potatoes 150 orders to basic unit.....	35 lbs.
1 bushel of potatoe mash 200 orders to basic unit.....	28 lbs.
1 bushel of potatoes Saratoga 250 orders to basic unit.....	21 lbs.
1 bushel of potatoes croquettes 400 orders to basic unit.....	14 lbs.

By changing your own receipes to Basic Unit you can figure the quantity down to the dot as to the amount you need and not have the ice box full of left overs. From the basic table we will figure for 338 persons beef tenderloin 338×50 equals:

338
.50

169.00 lbs.

The cost of meat in the feeding line, being one of the most expensive articles that you have to purchase, is what you should **study** in order to **get full purchase value**. To keep down the cost. watch your meat serving and meat buying as you will find that the meat bills will foot up one half of your total expenses for food articles.

MEAT INSPECTION To Be Good In Quality and Condition

Fit for immediate use.

Equal number of fore and hind quarters to be delivered.

Including the best cuts.

No carcass to weigh less than 450 lbs. when trimmed.

Necks off perpendicular to line of vertabrae, three cervical vertebrae remaining on the carcass.

Shanks hind quarters at hocks, (commercial cut.)

Shanks fore quarters at knee (commercial cut).

To compensate deduct $2\frac{1}{2}$ lbs. from fore quarters.

To compensate deduct $3\frac{1}{2}$ lbs. from hindquarters, difference between fore and hindquarters not to exceed 25 lbs. per carcass (one rib to be left on each hindquarters). Necks, kidney fats, beef from bulls, and stags and from females (except from spayed heifers) will be excluded from delivery. Such quantity of fresh meat as needed may be delivered in bulk at designated places and on such days as contracts may specify.

Why is the minimum weight of carcass placed at 450 lbs? It insures proper portion of meat to bones. What specified cut is unusual (in commercial cut or transaction)? The neck and shanks. Exclude ill nourished cattle, bruised cattle. Neck cut removal of kidney knobs, lumbar and pelvic fats and hanging tenderloins, internal body fats, delivery of entire neck (seven vertebrae). Commercially speaking what is the value of the neck meat as compared to that of the carcass and under what circumstances if any should it be accepted? Worth about $\frac{1}{2}$ to that of carcass, the necks have a large proportion of bones and are tough but are not much inferior to the other parts of the chucks.

What is meant by kidney fats, lumbar fats, pelvic fats, hanging tenderloins, udders? The fats immediately surrounding the kidney. The fats in loin in back of kidney. The fat in the pelvic cavity between bones and rump bones. The hanging muscle under the kidney (knob). The milk bag of the cow or heifer. What is meant from bull and stag excluded from delivery? It is inferior to that of steer and good cows, (coarser darker in color, tougher, less apt to be intermingled with fat), of the same age and condition.

Bull, uncastrated male bovine. Stag, male castrated late in life. Steer, male bovine not full grown, castrated young. Ox, male bovine full grown, castrated young. Spayed heifer, a young female bovine ovaries removed early in life (before pregnancy has taken place.) Cow a female bovine that has had a calf. Maiden heifer an adult, female bovine not allowed to breed. What are the characteristics of the bull and stag carcass? Flesh very dark, muscles stand out hard and compact especially in the rounds and shanks. In bulls almost entire absence of sciatal fat. Massive shoulders. Thick bulging necks.

Broad chests. Very full round rump. Coarse grain flesh. General make up no different from steer. In fact if in doubt call it a steer. Generally speaking which produces the most flesh to bone, steer or cow? Which brings the most money per pound? What is the difference in money value? Steer. Still it is questionable if this is true in steer and female of the same age, grade and condition. Bones from females are smaller than those of the steer. From two to two and a half cents more for steer than for cow, according to grade. A choice heifer will for practically the same as a choice steer of same weight.

Cows, ribs straighter than those in a steer and quite flat, (in old common cows and a good choice steer, conditions are easily noted; in animals of good quality and condition it is almost impossible for any other than expert to determine). The backward bend and the flattening of the ribs in the old cows are due to the distention of the abdomen during pregnancy. Begins to bend backward to the fifth vertebrae; knees slender, neck light, necks of heifer can be skewed up to resemble the necks of steers.

Fore-quarters of a steer: Ribs distinctly curved lengthwise and in cross section. Ribs extend perpendicularly outward from back bone from the fifth vertrabre from the rear. Neck heavy. Knee coarse.

Hindquarters of cow, slender hock, dished in appearance between hock to rump, outer edge of aichbone meets interior fat. Inner edge of aichbone slightly reposed. Back bone generally broken in cleavage in old cows meat. Indication of age rather than sex. Loin usually dished in hipbone (pin bone) more prominent, more angular through hindquarters. Udders, diseased in curvature of aichbone. Hindquarters of steer, hock large, plump between hock and rump, hipbone not so prominent (rounds) smoother, less angular in appearance than cow. Backbone firm, loins straight or plump, presence of cod fat, formation of aichbone more curved interior and projects into pelvic cavity.

Gristle, usually found where —— was attached, (small triangular area meat where —— rounded the aichbone).

How should fat be distributed? Very fat beef is not even moderately desired. Should

be well distributed, marbled appearance desired, lean mottled.

In judging the age of beef, compare to hind-quarters of steer with that of cow. Rump bone in steer distinct line of demarkation up to about six years of age.

Rumpbone in cows separated in youth but becomes solid at about 3 years of age, leaving in line of demarkation. Determination of age by amount of cartilage present on spine of vertabrate and in the breast bone and sacrum is largely a matter of guess work, the cartilage vary according to type of animals the nature of their diet and the use they have been put. A well kept corn fed steer or heifer or cow that had forage on the plains for food, or that has borne calves and milk, or had insufficient or non-nourishing food, in other words a well cared for well fed and hampered animal does not age as one that is not. In judging age of beef compare the forequarters of steer with that of cow. Steers at 1 year, spines tipped with buttons; 2 years red spot, 3 years red spots more numerous; 4 years little bony islands appear; 5 years more bone than cartilage; 6 years narrow strips around bone line demarkation still distinct; 9 years button solid bone, solid cartilage found in forward end of breast. Relative to large amount of cartilage between 1st and 2nd bone of breast: Buttons generally disappear in female at the same age as male. If buttons are not present reject the quarters. Very little cartilage in breast bone as compared to steer.

What is the color of flesh of veal? Of a steer? What does the deep red color in steer indicate? From what should the meat be judged? (A) Veal pale red. (B) Steer bright brick red. (C) Indicates age and toughness. (D) From portion that has been cut a few minutes. In passing upon meat for issue what should be remembered with reference to the contractor and specification? Contracts and Specification so definitely stringent so far as contractor is concerned and so liberal with respect to troops that almost any quality of beef can be procured.

State four essential parts of the specifications with which the contractor should be required to strictly comply: Beef in good condition and otherwise comply with the contract should be accepted between what ages?

Name in the order of their value the various cuts made from beef which pertains to the fore-quarters: Brisket, clod, chuck, shoulders, neck, navel ends and shanks.

State the method of telling the age of cattle on hoof?

(a) Adult 8 incisor teeth in lower jaw, upper jaw callous.

At 2 years two middle incisor well up replacing (milkteeth) present at birth, remaining permanent teeth generally appear in pairs (from the middle entrance) at $2\frac{1}{2}$, $3\frac{1}{2}$, and $4\frac{1}{2}$ years and in wear at 3, 4, 5 years. Fully developed at 5 years. After 5 years estimate by wear of teeth not so crowded in jaw. As age advances teeth are more worn and yellowish. Lose chisel shape, wearing surface becomes round. Gums recede. At 2 years the first ring appears. At 2 years the first ring appears generally at root of horn of steer. New ring each year after 2nd year. These rings are not well defined and are liable to be tampered with file. Rings are not a reliable guide. Ill health, movements dull and sluggish, eyes dull and hollow, muzzle hot and dry, heat at base of horn, dull coat, tight skin.

Good health, movements brisk, eyes bright and full, muzzle cold and moist, dung normal and neither watery or hard, note blood stains.

Coat glossy, animal quiet should chew cud. If lying down quietly and rises, it should stretch itself. Those moderately fat are most suitable. Avoid fat as well as thin or under fed. Good steer have a level straight back. Bones are well covered with flesh, fine, soft, mellow and elastic.

What is the maximum and minimum limit weight in live cattle? What is the method for determining weight of cattle when impracticable to weigh? Age 2 to 6 years, weight 800 lbs. up; separate into three lots according to apparent weight, heavy, medium, light or greater number of lots if herd is large or their greater diversity of weight. Select one from each lot of average weight and condition. kill, dress and trim out kidneys, lumbar and pelvic fats, udders and hanging tenderloins, make neck. Cut shanks four inches above knee, cut shanks above hock. Actual scale weight then considered the average net weight of the cattle in that lot.

ROOM CHART

Flour Temperature

	100	99	98	97	96	95	94	93	92	91	90	89	88	87	86	85	84
90	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61
89	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62
88	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
87	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64
86	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65
85	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66
84	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67
83	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68
82	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69
81	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
80	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71
79	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
78	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73
77	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74
76	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
75	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76

The chart is for pastry work where yeast is used in proving dough, the temperature is one of the main things you will have to contend with in this class of work for the good quality of the finished product. First, comes good ingredients, second, proper weighing or measuring, third, workmanship, fourth, temperature of your doughs. In mixing doughs you will find a raising temperature. To counteract this you will have to add the water at a lower temperature say 5 degrees or what ever you find the difference in working conditions. To EXPLAIN THE CHART we will take the temperature of the room at 95° and test the flour at 85° now find these two figures and follow to their junction with the figure of 55; from this 55 you run down 5 points to the star (*) this is the temperature that you should use your water.

BASIC UNIT

	Beef Unit
A La Mode.....	30
Boiled.....	30
Pot Pie.....	30
Spanish.....	35
Minced.....	30
Loaf.....	35
Hamburger.....	35
Roast, Hindquarter.....	35
Roast, Forequarter.....	40
Roast, Beef Pot.....	35
Steak.....	35
Cornbeef.....	40
Curry.....	25
Stew.....	25
Rolls.....	25
Hearts, Beef.....	30
Fritters, Beef.....	20
Dried Beef.....	14
Smoked Tongue.....	14
Cold Meats.....	35
Hash Meats.....	22
Liver.....	22
Minced Liver.....	25

Veal Unit

Stew.....	30
Chops.....	40
Roast.....	40

Mutton Unit

Roast.....	45
Boiled.....	45
Chops.....	40
Stew.....	35
Curry.....	28

Lamb Unit

Roast.....	45
Chops.....	40

Lamb Unit

Pot Pie.....	30
Curry.....	30

Pork

Chops, 12 lbs.....	38
Porkloin, 9 lbs.....	36
Ham, Green Roast.....	40
Mess Pork.....	35
Sausage, Country.....	28

BASIC UNIT

Pork

Links, 7 to 1 lb.....	28
Spare Ribs.....	35
Ham, B. B. Cold.....	30
Ham, B. B. Fry.....	35
Ham, Roast, S. C.....	40
Ham, Fried, S. C.....	40
Ham, Omelet Ham.....	12
Franks, 7 to 1 lb.....	28
Ham Sausage.....	23
Minced Ham Sausage.....	23
Headcheese.....	22
Bologna	25
Bacon.....	20
Boston Butts.....	40
Pork Shoulders.....	45
Bacon, with Liver.....	16

Dairy Pdts.

Cottage Cheese.....	30
Green Cheese.....	22
BUTTER CUT, 32 to 1 lb.....	3.25
Butter, 2 Meals.....	6.50
Butter, 3 Meals.....	9.75
Egg Omelet, 200 Eggs.....	200.

Fowls

Chicken Roast.....	50 lbs.
Chicken Pot Pie.....	35
Chicken, Fried.....	50
Chicken, Curry.....	30
Chicken, Fraccassee.....	43
Duck, Roast.....	50
Turkey, Roast.....	75
Oyster Stew.....	6 gal.
Milk.....	6 gal.

Fish

Whitefish.....	35 lbs.
Halibut.....	38
Codfish Salt.....	12
Codfish.....	38
Salmon, Canned.....	25
Sardines.....	25
Average for Bake and Boil.....	38 lbs.

Vegetables

ASPARAGUS FR.....	25 lbs.
Bavarian Cabbage.....	40
Beans, Lima.....	13

BASIC UNIT

Vegetables

Beans, Navy.....	25
Beans, String.....	35
Beans, Wax.....	35
Beets, Salad.....	15
Beets, Buttered.....	30
Cabbage.....	40
Bacon.....	6
Carrots, Baked.....	30
Carrots, Mashed.....	30
Carrots, Candied.....	35
Cauliflower.....	25
Celery, Washed.....	20
Cucumbers, Large.....	16 ea.
Corn, Creamed.....	20 c
Cold Slaw.....	30
Eggplant.....	35
Kraut.....	3 gal.
Lettuce, Washed.....	20
Onions, Fried.....	25
Onions, Sliced.....	15
Onion, Boiled.....	30
Peas, Scotch.....	8
Peas, Canned.....	22
Peas, Green qts.....	14
Parsnips, Baked.....	35
Potato Salad.....	30
Potato, White.....	35
Potato, Sweet.....	40
Pumpkin, Baked.....	35
Pumpkin, Canned.....	20

Vegetables

RHUBARB STEWED.....	25 lbs.
Pickles.....	1 gal.
Squash Summer.....	25
Squash No. 3.....	15 c
Spinach fr.....	35
Spinach No. 10.....	6c
Tomato, Sliced.....	22 lbs.
Tomato, Stwed, No. 3.....	11 c
Turnips, Creamed.....	30
Turnips, Mashed.....	30
Asparagus, No. 3.....	18 c
Lima Beans, No. 2.....	17 c
String Beans, No. 2.....	18 c
Radishes, Dozen Bunches.....	13
Catsup, 16 oz. bot.....	10
Chow Chow, 16 oz. bot.....	10
Gherkins, 18 oz. bot.....	9
Pickles, 16 oz. bot.....	8

BASIC UNIT

	Vegetables
Onions, Pkld., 16 oz. bot.....	8
Olives, 16 oz. bot.....	8
Olives, Bulk.....	3.5 qt.

	Fruits
APPLE SAUCE EVP.....	10 lbs.
Sugar.....	2
Apple Sauce, Fr. Pared.....	25
Apples, Fried.....	25 lb.
Bread.....	6 lb.
Stewed Fruit.....	18
Prunes, Evp.....	18

	Canned Fruit
APRICOTS No. 3.....	17
Cherries, No. 2½.....	14
Jam, 16 oz.....	9 c
Jelly, 10 oz.....	12
Marmalade.....	12
Pineapple, No. 2.....	17
Plums, No. 2½.....	16
Raspberry, 1 lb.....	20
Blackberry.....	20
Peaches, No. 2½.....	16
Peaches, No. 10.....	5
Grapes, Basket.....	8

	Fruit
Peaches, Evp.....	18 lb.
Apricots, Evp	16
Jelly.....	12

	Misc.
Crackers, Soda	7.5
Crackers, Oysters.....	7.5
Macaroni and	9 lbs.
Cheese.....	2 lbs.
Salt.....	3 lbs.
Worcester Sauce.....	6 lb.
Milk, for Coffee, No. 1.....	6 c
Hominy.....	20 c
Rice to Fry, Raw.....	18 lbs.
Boiled, Raw.....	9 lbs.
Cornmeal.....	9 lbs.
Cranberries and	16 qts.
Sugar, 4.5 lbs.....	4.5 lbs.

	Salads
Apple, Celery Salad.....	10 lbs.
Celery.....	10 lbs.

BASIC UNIT

Salads

Pickles	3 lbs
Beans, Baked	20 lbs.
Onions	4 lbs.

Cucumber	15 lbs.
Onions	5 lbs.

Soups

Beans	8 lbs.
Water	4 gal
Stock	4

MACARONI	4.5 lb.
Stock	8 gal.

Puree of Beans	12 lbs.
Stock	8 gal.

Rice	4.5 lb.
Tomato, No. 3	7 c.
Stock	6 gal

Cabbage	10 lbs.
Onions	2 lbs.
Stock	8 gal.

Oyster	3 gal.
Milk	7 gal.
Stock	2 gal.

Peas, Green	10 lbs.
Tomato, No. 3	4 c.
Stock	8 gal.

Cabbage	2 lbs.
Onions	1 lbs.
Potatoes	2 lbs.
Rice	1 lbs.
Tomato, No. 3	2 lbs.
Parsley	2 oz.
Stock	8 gal.

Omelet

Eggs	200
Milk, 1 lb. can	7
Drippings	2 lbs.

BASIC UNIT

Drinks

COFFEE, R. & G.....	3 lbs
Water.....	11 gal.
Sugar.....	4 lbs.
Milk, 1 lb.....	4
Cocoa.....	1 lb.
Water.....	9 gal.
Milk.....	2 gal.
Tea.....	.5 lb.
Water.....	10 gal.
Sugar.....	2 lbs.
Milk.....	3 c.
Ice Tea.....	.75 lb.
Water.....	10 gal.
Sugar.....	3 lb.
Ice.....	30 lbs.
Lemonade, Lemons.....	7 doz.
Water.....	10 gal.
Sugar.....	6 lbs.
Milk, Fresh.....	6.25 gal.

Beef Ala Mode**100**

35 * Beef, Round
2 * Bacon
2 * Fat
2 * Flour
5 Gal. Stock
2 * Carrots
6 Large Pickles
3 Cans Tomato 3

Braised Beef**100**

38 * Beef
2 * Onions
3 * Fat
1 * Flour

Beef, Chipped**100**

14 * Dried Beef
2 * Fat
2½ * Flour
4 Can Evp. Milk No. 1
1 Bunch Parsley
12 qts. Stock

Beef Fritters**100**

20 * Cooked Beef
10 * Bread
4 * Onions

Beef Hash**100**

28 * Potatoes, Cooked
4 * Onions
25 * Meat, Scraps

5 qts. Stock

100

Beef Hearts, 30 *
2 Cans Tomato, No. 3
2 * Onions, 2 * Flour
5 Gal. Stock

Beef Loaf**100**

20 * Beef
6 * Bread Crumbs
4 * Onion, Browned
2 * Flour
2 Qts. Stock
1 * Bacon

Beef Rolls 100

15 * Beef Scraps
5 * Bread Crumbs
9 * Flour
2 * Onions, Browned
1 oz. Chili Pdr.

Beef Spainish 100

35 * Beef
4 No. 3, Tomato
9 * Onions
6 Cloves, Garlic

Beef Pot Pie 100

28 * Beef
28 * Potatoes
5 * Onions
3½ * Lard
9 * Flour
8 oz. Baking Pdr.

Beef Roast 100

40 * Beef
2 Qt Stock

Beef Pot Roast 100

40 * Beef
4 * Onions
½ Pt. Vinegar
2 Cloves Garlic

Beef Steak 100

40 * Beef
2 * Flour

Veal Loaf 100

Cooked Veal 28 *
5 * Salt Pork
5 Qts. Cracker Meal
1 Doz. Eggs
2 Oz. Salt
Pepper
Stock to Moisten

Minced Beef on Toast 100

30 * Lean Raw Beef
3 * Flour
1 Gal. Fresh Milk
100 Pieces Toast

Beef Hamburger 35 * 100**Beef Dressing** 100

10 * Meat Scraps
13 * Bread
2 * Onions, Browned
3 Qts. Stock

Veal Pot Pie 100

Veal, 30 *
1 * Bacon or Salt Pork
3 * Onions
4 Qts. Milk
20 * Potatoes
8 * Flour Dumplings, Drop
1 oz. Salt
6 oz. Baking Pdr.

Cornstarch Pudding 100

4½ Cornstarch, Pkges.
1 oz. Salt
7 * Sugar
6 Cans Evp. Milk
1½ Oz. Extract

Pumpkin Pie 100

38 * Pumpkin, Cook and Sive
9 * Sugar
30 Eggs
1½ Oz. Nutmeg
¼ Oz. Cloves
¼ Oz. Ginger
1¼ Oz. Salt
1 Cup Molasses
3 Cans Evp. Milk

Apple Pie 100

8 * Evp. Apples, 30 * Fr. Pared
1¼ * Sugar
¼ Oz. Cinnamon

Ice Cream 100

7 * Sugar
15 Oz. Flour
40 Eggs
1 Oz. Ext.

Chocolate Ice Cream 100

Same as above add
15 oz Grated Chocolate

Corn Fritter 100

4 * Cornmeal
3 * Sugar
7 $\frac{1}{2}$ * Flour
7 oz. Baking Pdr.
20 Eggs

Batter Cakes 100

15 * Flour
1 $\frac{3}{4}$ * Sugar
2 Doz. Eggs
15 Oz. Baking Pdr.
1 Oz. Salt

Corn Bread 100

5 * Flour
8 * Cornmeal
4 Oz. Sugar
1 Oz. Salt
18 Eggs
10 Oz. Baking Pdr.
13 Oz. Compound

Corn Cake 100

8 * Flour
4 $\frac{1}{2}$ * Cornmeal
6 * Sugar
3 * Fat
24 Eggs
10 Oz. Baking Pdr
 $\frac{3}{4}$ Oz. Extract
1 Oz. Salt

Rice Pudding**100**

8 * Rice
20 Eggs
4 Cans Evp. Milk No 1
6 * Sugar
 $\frac{1}{2}$ Oz. Extract

Tapioca Pudding**100**

2 $\frac{1}{2}$ Gal. Ccold Water
2 $\frac{1}{2}$ * Tapioca
6 * Sugar
3 * Dried Fruit

Cocoanut Tapioca Pudding**100**

Same as above add
1 * Shredded Cocoanuts

Apricot Tapioca Pudding**100**

Same as above add 3 *
Seeded Apricots

Apple Cobler**100**

7 * Evp. Apples
8 * Sugar
2 Oz. Cinnamon
1 Oz. Grated Nutmeg
Crust 14 * Flour
8 Oz. Baking Pdr.
1 $\frac{1}{2}$ * Lard
1 $\frac{1}{2}$ * Sugar
20 Eggs
3 Oz Salt
3 Pts. Water

Apple Pudding**100**

6 * Apples Evp.
20 * Bread
6 * Sugar
3 Oz. Cinnamon

Bread Pudding**100**

20 * Bread, 4 Cans Evp. Milk
3 * Dried Fruit, 10 Eggs
3 * Sugar, 1 $\frac{1}{2}$ Oz Cinnamon

Succotash	100
10 Qts. Corn	
2½ Gal Cooked Lima Beans	
2 * Bacon Diced	
Turnips, Boiled	100
35 * Turnips	
7 * Bacon or Salt Pork	
Spinach	100
35 * Spinach	
3 * Bacon	
Carrots, Baked	100
35 * Carrots	
1½ * Bacon Drippings	
Carrots, Mashed	100
35 * Carrots	
6 Qts. Stock	
Corn, Canned	100
18 No. 2 Cans	
5 Qts. Stock	
3 Oz Sugar	
1½ Can Evp. Milk	
Greens	100
35 * Greens	
7 * Bacon	
Cabbage, Salad	100
16 * Cabbage	
5 Bunches Parsley	
3 Qts. French Dressing	
Cabbage, Slaw	100
35 * Cabbage	
3 * Bacon	
2 Qts. Vinegar	
9 * Onions	

Macaroni and Tomato	100
Same as Macaroni Soup Add 6 No 3 Tomato	
Macaroni Soup	100
5 * Macaroni 10 Gal. Stock 2 * Chopped, Browned Onions 2 * Bacon, Browned Diced	
Noodle Soup	100
Same as Macaroni Add 8 * Dried Grandmas Noodles	
Split Pea Soup	100
10 * Split Peas 10 Gal. Stock 2 * Flour 2 * Bacon Browned and Diced	
Vegetable Soup	100
2 * Cabbage 1 * Onions 2 * Potatoes, Diced 1 * Rice 2 No. 3 Tomato 2 Bunches Parsley 10 Gal. Stock	
Vermicelli Soup	100
Same as Macaroni Soup Add 5 * Vermicelli in place of Macaroni	
Pea Soup	100
12 No. 2 Peas, or same in Fresh, 10 Gal Stock	
Puree of Green Peas	100
Same as Puree of Beans in place of Beans add 11 * of Green Peas.	

Puree of Beans**100**

10 * Beans
10 Gal. Stock
2 * Onions
2 Cans Milk 1
2 * Fats, Butter Preferred
2 * Flour, Browned in Fats

Macaroni and Cheese**100**

10 * Macaroni
3 $\frac{1}{4}$ * Cheese through chopper

Parsnips, Baked**100**

35 * Parsnips
2 Qts. Stock
5 * Bacon

Parsnips, Mashed**100**

35 * Parsnips
1 $\frac{1}{2}$ * Oleo
5 Gal. Water

Peas, Canned**100**

20 No. 2 Cans
 $\frac{3}{4}$ * Butter
Stock

Peas, Green**100**

16 Qts. Green Peas
7 Qts. Stock
4 $\frac{1}{2}$ Cans Evp. Milk

Tomato, Stewed**100**

32 Lbs. fr. Tomato
Stock

Clam Chowder**100**

10 Qts. Clams
14 * Potatoes
1 $\frac{1}{2}$ * Bacon
5 Gal. Beef Stock
1 * Onions Browned
1 * Flour

Cream of Cabbage	100
11 * Chopped Cabbage	
10 Gal. Stock	
4 Cans No. 1 Evp. Milk	
1½ * Fat, Butter Preferred	
2 * Flour, Browned in Fat	
Cream of Celery	100
10 * Celery Diced	
10 Gal. Stock	
2 * Fat, Butter Preferred	
2 * Flour	
3 Cans No. 1 Milk	
Cream of Tomato	100
10 Gal. Stock	
8 No. 3 Tomato	
4 No. 1 Can Evp. Milk	
2 * Flour Browned in Fat	
2 * Fat, Butter Preferred	
Tomato Soup	100
5 No. 10 or 14 No. 3 Tomato	
6 Gal. Stock	
2 * Bacon Browned and diced	
Rice Tomato	100
10 Gal. Stock	
4 * Rice	
6 No. 3 Cans, Tomato	
Potato Salad	100
30 * Potatoes	
1½ * Minced Onions	
1½ * Bacon Diced, browned	
1½ Pt. Water	
1½ Pt. Vinegar	
1 Teaspoon Pdr. Mustard	
Salmon Salad	100
16 Cans Tall Salmon	
16 * Boiled Potatoes	
3 Pts. Mayonnaise Dressing	
6 * Lettuce	

Stringless Bean Salad**100**

20 * Cold Stg. Beans
2 * Sliced Onions
1 Pt. Vinegar
Mustard, Salt Pepper
Mix Well

Lettuce Salad**100**

30 * Lettuce
10 Hard Boiled Eggs
1½ * Bacon, Diced and Browned
3 Pts. Vinegar

Bean Salad**100**

23 * Baked Beans
5 * Onions Sliced
3 * Pickles, Diced

Celery Salad**100**

18 * Celery, Diced
3 * Mashed Potatoes
3 * Bacon Grease or Olive Oil
1½ Pt. Vinegar, 1 Pt. Water
18 Hard Boiled Eggs, 3 Oz. Mustard

Ration Articles	100 Rations	Per Cent
Beef Fr.....	87.5 lbs. x \$	70
Bacon.....	22.5 lbs.	30
Flour.....	112.5 lbs.	100
Beans.....	7.5 lbs.	50
Rice.....	5. lbs.	50
Potatoes Fr.....	87.5 lbs.	70
Onions.....	25. lbs.	20
Tomato, No. 3.....	6.25 lbs.	10
Prunes.....	2.4 lbs.	30
Apples Evp.....	.8 lbs.	10
Peaches Evp.....	.8 lbs.	10
Jam blk by.....	4.	50
Coffee, R. & G.....	7.0 lbs.	100
Sugar.....	20. lbs.	100
Salt.....	4.0 lbs.	100
Pepper, Blk.....	.25 lbs.	100
Baking Powder.....	.5 lbs.	100
Lard.....	4.0 lbs.	100
Butter.....	3.125 lbs.	100
Lemon Ext.....	1.4 oz.	100
Syrup.....	1.0 Gal.	100
Vinegar.....	.25 Gal.	50
Pickles.....	.25 Gal.	50

In figuring, for 100 by this method you use the decimal multiplier for final result.

Article	1 bu. #	1 pk. #	$\frac{1}{2}$ pk. #	$\frac{1}{4}$ pk. #	1 qt. #	1 pt. oz.
Apples.....	48	12	6	3	$1\frac{1}{2}$	12
Apples, Evp.....	24	6	3	$1\frac{1}{2}$	$\frac{3}{4}$	6
Barley.....	48	12	6	3	$1\frac{1}{2}$	12
Beans, Dried.....	60	15	$7\frac{1}{2}$	$3\frac{3}{4}$	$1\frac{3}{4}$	15
Beets.....	56	14	7	$3\frac{1}{2}$	$1\frac{3}{4}$	14
Carrot.....	50	$12\frac{1}{2}$	$6\frac{1}{4}$	$3\frac{1}{8}$	1.9	11
Beans.....	50	$12\frac{1}{2}$	$6\frac{1}{4}$	$3\frac{1}{8}$	1.9	11
Corn, Shelled.....	56	14	7	$3\frac{1}{2}$	$1\frac{3}{4}$	11
Corn. Pop.....	42	$10\frac{1}{2}$	$5\frac{1}{4}$	$2\frac{1}{2}$	1.6	10
Cornmeal.....	48	12	6	3	$1\frac{1}{2}$	12
Grapes.....	48	12	6	3	$1\frac{1}{2}$	12
Onions.....	56	14	7	$3\frac{1}{2}$	$1\frac{3}{4}$	14
Parsnips.....	50	$12\frac{1}{2}$	$6\frac{1}{4}$	$3\frac{1}{8}$	1.9	11
Peaches.....	48	12	6	3	$1\frac{1}{2}$	12
Peaches, D.....	33	$8\frac{1}{4}$	$4\frac{1}{4}$	2.	$1\frac{1}{8}$	$8\frac{1}{4}$
Peas.....	60	15	$7\frac{1}{2}$	$3\frac{3}{4}$	$1\frac{1}{4}$	$12\frac{1}{4}$
Plums.....	50	$12\frac{1}{2}$	$6\frac{1}{4}$	$5\frac{1}{8}$	1.9	11
Potatoes.....	60	15	$7\frac{1}{2}$	$3\frac{3}{4}$	$1\frac{1}{4}$	12
Pototoes, Sweet...	50	$12\frac{1}{2}$	$6\frac{1}{4}$	$3\frac{1}{8}$	1.9	11
Tomatoes.....	50	$12\frac{1}{2}$	6	$3\frac{1}{2}$	1.9	11
Turnips.....	56	14	7	$3\frac{1}{2}$	$1\frac{3}{4}$	11
Wheat.....	56	14	7	$3\frac{1}{2}$	$1\frac{3}{4}$	11
Spinach.....	18	$4\frac{1}{2}$	$2\frac{1}{4}$	$1\frac{1}{4}$	9	$4\frac{1}{2}$

BASIC UNIT

3

Unit	Person	Unit	Person
.03	1	.30	10
.06	2	.60	20
.09	3	.90	30
.12	4	1.20	40
.15	5	1.50	50
.18	6	1.80	60
.21	7	2.10	70
.24	8	2.40	80
.27	9	2.70	90
Basic Unit		3.	100
		6.	200
		9.	300
		12.	400
		15.	500
		18.	600
		21.	700
		24.	800
		27.	900
		30.	1000
		60.	2000
		90.	3000
		120.	4000
		150.	5000

BASIC UNIT

4

Unit	Person	Unit	Person
.04	1	.40	10
.08	2	.80	20
.12	3	1.20	30
.16	4	1.60	40
.20	5	2.00	50
.24	6	2.40	60
.28	7	2.80	70
.32	8	3.20	80
.36	9	3.60	90
Basic Unit		4.	100
		8.	200
		12.	200
		16.	400
		20.	500
		24.	600
		28.	700
		32.	800
		36.	900
		40.	1000
		80.	2000
		120.	3000
		160.	4000
		200.	5000

BASIC UNIT

5

Unit	Person	Unit	Person
.05	1	.50	10
.10	2	1.00	20
.15	3	1.50	30
.20	4	2.00	40
.25	5	2.50	50
.30	6	3.00	60
.35	7	3.50	70
.40	8	4.00	80
.45	9	4.50	90
Basic Unit		5.	100
		10.	200
		15.	300
		20.	400
		25.	500
		30.	600
		35.	700
		40.	800
		45.	900
		50.	1000
		100.	2000
		150.	3000
		200.	4000
		250.	5000

BASIC UNIT

6

Unit	Person	Unit	Person
.06	1	.60	10
.12	2	1.20	20
.18	3	1.80	30
.24	4	2.40	40
.30	5	3.00	50
.36	6	3.60	60
.42	7	4.20	70
.48	8	4.80	80
.54	9	5.40	90
Basic Unit		6.	100
		12.	200
		18.	300
		24.	400
		30.	500
		36.	600
		42.	700
		48.	800
		54.	900
		60.	1000
		120.	2000
		180.	3000
		240.	4000
		300.	5000

BASIC UNIT

7

Unit	Person	Unit	Person
.07	1	.70	10
.14	2	1.40	20
.21	3	2.10	30
.28	4	2.80	40
.35	5	3.50	50
.42	6	4.20	60
.49	7	4.90	70
.56	8	5.60	80
.63	9	6.63	90
Basic Unit		7.	100
		14.	200
		21.	300
		28.	400
		35.	500
		42.	500
		49.	700
		56.	800
		63.	900
		70.	1000
		140.	2000
		210.	3000
		280.	4000
		350.	5000

BASIC UNIT

8

Unit	Person	Unit	Person
.08	1	.80	10
.16	2	1.60	20
.24	3	2.40	30
.32	4	3.20	40
.40	5	4.00	50
.48	6	4.80	60
.56	7	5.60	70
.64	8	6.40	80
.72	9	7.20	90
Basic Unit		8.	100
		16.	200
		24.	300
		32.	400
		40.	500
		48.	600
		56.	700
		64.	800
		72.	900
		80.	1000
		160.	2000
		240.	3000
		320.	4000
		400.	5000

BASIC UNIT

9

Unit	Person	Unit	Person
.09	1	.90	10
.18	2	1.80	20
.27	3	2.70	30
.36	4	3.60	40
.45	5	4.50	50
.54	6	5.40	60
.63	7	6.30	70
.72	8	7.20	80
.81	9	8.10	90
Basic Unit		9.	100
		18.	200
		27.	300
		36.	400
		45.	500
		54.	600
		63.	700
		72.	800
		81.	900
		90.	1000
		180.	2000
		270.	3000
		360.	4000
		450.	5000

BASIC UNIT

10

Unit	Person	Unit	Person
.10	1	1.0	10
.20	2	2.0	20
.30	3	3.0	30
.40	4	4.0	40
.50	5	5.0	50
.60	6	6.0	60
.70	7	7.0	70
.80	8	8.0	80
.90	9	9.0	90
Basic Unit		10.0	100
		20.	200
		30.	300
		40.	400
		50.	500
		60.	600
		70.	700
		80.	800
		90.	900
		100.	1000
		200.	2000
		300.	3000
		400.	4000
		500.	5000

BASIC UNIT 12

Unit	Person	Unit	Person
.10	1	1.2	10
.20	2	2.4	20
.40	3	3.6	30
.50	4	4.8	40
.60	5	6.0	50
.70	6	7.2	60
.80	7	8.4	70
1.00	8	9.6	80
1.10	9	10.8	90
Basic Unit		12.	100
		24.	200
		36.	300
		48.	400
		60.	500
		72.	600
		84.	700
		96.	800
		108.	900
		120.	1000
		240.	2000
		360.	3000
		480.	4000
		600.	5000

BASIC UNIT

13

Unit	Person	Unit	Person
.1	1	1.3	10
.3	2	2.6	20
.4	3	3.9	30
.5	4	5.2	40
.7	5	6.5	50
.8	6	7.8	60
.9	7	9.1	70
1.0	8	10.4	80
1.2	9	11.7	90
Basic Unit		13.	100
		26.	200
		39.	300
		52.	400
		65.	600
		78.	600
		91.	700
		104.	800
		117.	900
		130.	1000
		260.	2000
		390.	3000
		520.	4000
		650.	5000

BASIC UNIT

14

Unit	Person	Unit	Person
.1	1	1.4	10
.3	2	2.8	20
.4	3	4.2	30
.6	4	5.6	40
.7	5	7.0	50
.8	6	8.4	60
1.0	7	9.8	70
1.1	8	11.2	80
1.3	9	12.6	90
Basic Unit		14.	100
		28.	200
		42.	300
		56.	400
		70.	500
		84.	600
		98.	700
		112.	800
		126.	900
		140.	1000
		280.	2000
		420.	3000
		560.	4000
		700.	5000

BASIC UNIT

15

Unit	Person	Unit	Person
.2	1	1.5	10
.3	2	3.0	20
.5	3	4.5	30
.6	4	6.0	40
.8	5	7.5	50
.9	6	9.0	60
1.1	7	10.5	70
1.2	8	12.0	80
1.4	9	13.5	90
Basic Unit		15.0	100
		30.	200
		40.	300
		60.	400
		73.	500
		90.	600
		105.	700
		120.	800
		135.	900
		350.	1000
		300.	2000
		450.	3000
		600.	4000
		750.	5000

BASIC UNIT

16

Unit	Person	Unit	Person
.2	1	1.6	10
.3	2	3.2	20
.5	3	4.8	30
.6	4	6.4	40
.8	5	8.0	50
1.0	6	9.6	60
1.1	7	11.2	70
1.3	8	12.8	80
1.4	9	14.4	90
Basic Unit		16.	100
		32.	200
		48.	300
		64.	400
		80.	500
		96.	600
		112.	700
		128.	800
		144.	900
		160.	1000
		320.	2000
		480.	3000
		640.	4000
		800.	5000

BASIC UNIT

17

Unit	Person	Unit	Person
.2	1	1.7	10
.3	2	3.4	20
.5	3	5.1	30
.7	4	6.8	40
.9	5	8.5	50
1.0	6	10.2	60
1.2	7	11.9	70
1.4	8	13.6	80
1.5	9	15.3	90
Basic Unit		17.	100
		34.	200
		51.	300
		68.	400
		85.	500
		102.	600
		119.	700
		136.	800
		153.	900
		170.	1000
		340.	2000
		510.	3000
		680.	4000
		850.	5000

BASIC UNIT 18

Unit	Person	Unit	Person
.2	1	1.8	10
.4	2	3.6	20
.5	3	5.4	30
.7	4	7.2	40
.9	5	9.0	50
1.1	6	10.8	60
1.3	7	12.6	70
1.4	8	14.4	80
1.6	9	16.2	90
Basic Unit 18.		100	
		36.	200
		54.	300
		72.	400
		90.	500
		108.	600
		126.	700
		144.	800
		162.	900
		180.	1000
		360.	2000
		540.	3000
		720.	4000
		900.	5000

BASIC UNIT

19

Unit	Person	Unit	Person
.2	1	1.9	10
.4	2	3.8	20
.6	3	5.4	30
.8	4	7.6	40
1.0	5	9.5	50
1.1	6	11.4	60
1.3	7	13.3	70
1.5	8	15.2	80
1.7	9	17.1	90

Basic Unit 19. 100

38.	200
57.	300
76.	400
95.	500
114.	600
133.	700
152.	800
171.	900
190.	1000
380.	2000
570.	3000
760.	4000
950.	5000

BASIC UNIT 20

Unit	Person	Unit	Person
.2	1	2.0	10
.4	2	4.0	20
.6	3	6.0	30
.8	4	8.0	40
1.0	5	10.0	50
1.2	6	12.0	60
1.4	7	14.0	70
1.6	8	16.0	80
1.8	9	18.0	90
Basic Unit		20.0	100
		40.	200
		60.	300
		80.	400
		100.	500
		120.	600
		140.	700
		160.	800
		180.	900
		200.	1000
		400.	2000
		600.	3000
		800.	4000
		1000.	5000

BASIC UNIT

22

Unit	Person	Unit	Person
.2	1	2.2	10
.4	2	4.4	20
.7	3	6.6	30
.9	4	8.8	40
1.1	5	11.0	50
1.3	6	13.2	60
1.5	7	15.4	70
1.8	8	17.6	80
2.0	9	19.8	90
Basic Unit		22.	100
		44.	200
		66.	300
		88.	400
		110.	500
		132.	600
		154.	700
		176.	800
		198.	900
		220.	1000
		440.	2000
		660.	3000
		880.	4000
		1100.	5000

BASIC UNIT

24

Unit	Person	Unit	Person
.2	1	2.4	10
.5	2	4.8	20
.7	3	7.2	30
1.0	4	9.6	40
1.2	5	12.0	50
1.4	6	14.4	60
1.7	7	16.8	70
1.9	8	19.2	80
2.2	9	21.6	90
Basic Unit		24.	100
		48.	200
		72.	300
		96.	400
		120.	500
		144.	600
		168.	700
		192.	800
		216.	900
		240.	1000
		480.	2000
		720.	3000
		960.	4000
		1200.	5000

BASIC UNIT

25

Unit	Person	Unit	Person
.3	1	2.5	10
.5	2	5.0	20
.8	3	7.5	30
1.0	4	10.0	40
1.3	5	12.5	50
1.5	6	15.0	60
1.8	7	17.5	70
2.0	8	20.0	80
2.3	9	22.5	90
Basic Unit		25.	100
		50.	200
		75.	300
		100.	400
		125.	500
		150.	600
		175.	700
		200.	800
		225.	900
		250.	1000
		500.	2000
		750.	3000
		1000.	4000
		1250.	5000

BASIC UNIT

26

Unit	Person	Unit	Person
.3	1	2.6	10
.5	2	5.2	20
.8	3	7.8	30
1.0	4	10.4	40
1.3	5	13.0	50
1.6	6	15.6	60
1.8	7	18.2	70
2.1	8	20.8	80
2.3	9	23.4	90
Basic Unit		26.	100
		52.	200
		78.	300
		104.	400
		130.	500
		156.	600
		182.	700
		208.	800
		234.	900
		260.	1000
		520.	2000
		780.	3000
		1040.	4000
		1300.	5000

BASIC UNIT

28

Unit	Person	Unit	Person
.3	1	2.8	10
.6	2	5.6	20
.8	3	8.4	30
1.1	4	11.2	40
1.4	5	14.0	50
1.7	6	16.8	60
2.0	7	19.6	70
2.2	8	22.4	80
2.5	9	25.2	90
Basic Unit		28.	100
		56.	200
		84.	300
		112.	400
		140.	500
		168.	600
		196.	700
		224.	800
		252.	900
		280.	1000
		560.	2000
		840.	3000
		1120.	4000
		1400.	5000

BASIC UNIT 30

Unit	Person	Unit	Person
.3	1	3.0	10
.6	2	6.0	20
.9	3	9.0	30
1.2	4	12.0	40
1.5	5	15.0	50
1.8	6	18.0	60
2.1	7	21.0	70
2.4	8	24.0	80
2.7	9	27.0	90
Basic Unit		30.	100
		60.	200
		90.	300
		120.	400
		150.	500
		180.	600
		210.	700
		240.	800
		270.	900
		300.	1000
		600.	2000
		900.	3000
		1200.	4000
		1500.	5000

BASIC UNIT

32

Unit	Person	Unit	Person
.3	1	3.2	10
.6	2	6.4	20
1.0	3	9.6	30
1.3	4	12.8	40
1.6	5	16.0	50
1.9	6	19.2	60
2.2	7	22.4	70
2.6	8	25.6	80
2.9	9	28.8	90
Basic Unit		32.	100
		64.	200
		96.	300
		128.	400
		160.	500
		192.	600
		224.	700
		256.	800
		288.	900
		320.	1000
		640.	2000
		960.	3000
		1280.	4000
		1600.	5000

BASIC UNIT

34

Unit	Person	Unit	Person
.3	1	3.4	10
.7	2	6.8	20
1.0	3	10.2	30
1.4	4	13.6	40
1.7	5	17.0	50
2.0	6	20.4	60
2.4	7	23.8	70
2.7	8	27.2	80
3.1	9	30.6	90
Basic Unit		34.	100
		68.	200
		102.	300
		136.	400
		170.	500
		204.	600
		238.	700
		272.	800
		306.	900
		340.	1000
		680.	2000
		1020.	3000
		1360.	4000
		1700.	5000

BASIC UNIT

35

Unit	Person	Unit	Person
.4	1	3.5	10
.7	2	7.0	20
1.1	3	10.5	30
1.4	4	14.0	40
1.8	5	17.5	50
2.1	6	21.0	60
2.5	7	24.5	70
2.8	8	28.0	80
3.2	9	31.5	90
Basic Unit		35.	100
		70.	200
		105.	300
		140.	400
		175.	500
		210.	600
		245.	700
		280.	800
		315.	900
		350.	1000
		700.	2000
		1050.	3000
		1400.	4000
		1750.	5000

BASIC UNIT

36

Unit	Person	Unit	Person
.4	1	3.6	10
.7	2	7.2	20
1.1	3	10.8	30
1.4	4	14.4	40
1.8	5	18.0	50
2.2	6	21.6	60
2.5	7	25.2	70
2.9	8	28.8	80
3.2	9	32.4	90
Basic Unit		36.	100
		72.	200
		108.	300
		144.	400
		180.	500
		216.	600
		252.	700
		288.	800
		324.	900
		360.	1000
		720.	2000
		1080.	3000
		1440.	4000
		1800.	5000

BASIC UNIT

38

Unit	Person	Unit	Person
.4	1	3.8	10
.8	2	7.6	20
1.1	3	11.4	30
1.5	4	15.2	40
1.9	5	19.0	50
2.3	6	22.8	60
2.7	7	26.6	70
3.0	8	30.4	80
3.4	9	34.2	90
Basic Unit		38.	100
		76.	200
		114.	300
		152.	400
		190.	500
		228.	600
		266.	700
		304.	800
		342.	900
		380.	1000
		760.	2000
		1140.	3000
		1520.	4000
		1900.	5000

BASIC UNIT 40

Unit	Person	Unit	Person
.4	1	4.0	10
.8	2	8.0	20
1.2	3	12.0	30
1.6	4	16.0	40
2.0	5	20.0	50
2.4	6	24.0	60
2.8	7	28.0	70
3.2	8	32.0	80
3.6	9	36.0	90

Basic Unit 40. 100

60.	200
120.	300
160.	400
200.	500
240.	600
280.	700
320.	800
360.	900
400.	1000
800.	2000
1200.	3000
1600.	4000
2000.	5000

BASIC UNIT

42

Unit	Person	Unit	Person
.4	1	4.2	10
.8	2	8.4	20
1.3	3	12.6	30
1.7	4	16.8	40
2.1	5	21.0	50
2.5	6	25.2	60
2.9	7	29.4	70
3.4	8	33.6	80
3.8	9	37.8	90
Basic Unit		42.	100
		84.	200
		126.	300
		168.	400
		210.	500
		252.	600
		294.	700
		336.	800
		378.	900
		420.	1000
		840.	2000
		1260.	3000
		1680.	4000
		2100.	5000

BASIC UNIT

43

Unit	Person	Unit	Person
.4	1	4.3	10
.9	2	8.6	20
1.3	3	12.9	30
1.7	4	17.2	40
2.2	5	21.5	50
2.6	6	25.8	60
3.0	7	30.0	70
3.4	8	34.4	80
3.9	9	38.7	90
Basic Unit		43.	100
		86.	200
		129.	300
		172.	400
		215.	500
		258.	600
		301.	700
		344.	800
		387.	900
		430.	1000
		860.	2000
		1290.	3000
		1720.	4000
		2150.	5000

BASIC UNIT

44

Unit	Person	Unit	Person
.4	1	4.4	10
.9	2	8.8	20
1.3	3	13.2	30
1.8	4	17.6	40
2.2	5	22.0	50
2.6	6	26.4	60
3.1	7	30.8	70
3.5	8	35.2	80
4.0	9	39.6	90

Basic Unit 44. 100

	88.	200
	132.	300
	176.	400
	220.	500
	264.	600
	308.	700
	352.	800
	396.	900
	440.	1000
	880.	2000
	1320.	3000
	1760.	4000
	2200.	5000

BASIC UNIT 45

Unit	Person	Unit	Person
.5	1	4.5	10
.9	2	9.0	20
1.4	3	13.5	30
1.8	4	18.0	40
2.3	5	22.5	50
2.7	6	27.0	60
3.2	7	31.5	70
3.6	8	36.0	80
4.1	9	40.5	90
Basic Unit		45.	100
		90.	200
		135.	300
		180.	400
		225.	500
		270.	600
		315.	700
		360.	800
		405.	900
		450.	1000
		900.	2000
		1350.	3000
		1800.	4000
		2250.	5000

BASIC UNIT

46

Unit	Person	Unit	Person
,5	1	4.6	10
.9	2	9.2	20
1.4	3	13.8	30
1.8	4	18.4	40
2.3	5	23.0	50
2.8	6	27.6	60
3.2	7	32.2	70
3.7	8	36.8	80
4.1	9	41.4	90
Basic Unit		46.	100
		92.	200
		138.	300
		184.	400
		230.	500
		276.	600
		322.	700
		368.	800
		414.	900
		460.	1000
		920.	2000
		1380.	3000
		1840.	4000
		2300.	5000

BASIC UNIT

48

Unit	Person	Unit	Person
.5	1	4.8	10
1.0	2	9.6	20
1.4	3	14.4	30
1.9	4	10.2	40
2.4	5	24.0	50
2.9	6	28.8	60
3.4	7	33.6	70
3.8	8	38.4	80
4.3	9	43.2	90
Basic Unit		48.	100
		96.	200
		144.	300
		192.	400
		240.	500
		288.	400
		336.	700
		384.	800
		432.	900
		480.	1000
		960.	2000
		1440.	3000
		1920.	4000
		2400.	5000

BASIC UNIT 50

Unit	Person	Unit	Person
.5	1	5.0	10
1.0	2	10.0	20
1.5	3	15.0	30
2.0	4	20.0	40
2.5	5	25.0	50
3.0	6	30.0	60
3.5	7	35.0	70
4.0	8	40.0	80
4.5	9	45.0	90
Basic Unit		50.	100
		100.	200
		150.	300
		200.	400
		250.	500
		300.	600
		350.	700
		400.	800
		450.	900
		500.	1000
		1000.	2000
		1500.	3000
		2000.	4000
		2500.	5000

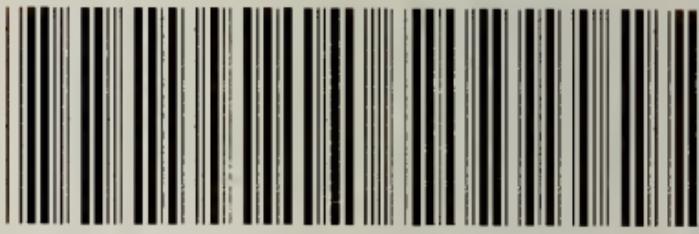
BASIC UNIT

75

Unit	Person	Unit	Person
.8	1	7.5	10
1.5	2	15.0	20
2.3	3	22.5	30
3.0	4	30.0	40
3.8	5	37.5	50
4.5	6	45.0	60
5.3	7	52.0	70
6.0	8	60.0	80
6.8	9	67.5	90
Basic Unit		75.	100
		150.	200
		225.	300
		300.	400
		375.	500
		450.	600
		525.	700
		600.	800
		675.	900
		750.	1000
		1500.	2000
		2250.	3000
		3000.	4000
		3750.	5000



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